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|  | ADDING VALUE TO YOUR HEALTHY CONVERSATIONS TOOLKIT • UNDERSTANDING PARENTING STYLES, BULLYING & MENTAL HEALTH IN CHILDREN WEBINAR |
| **INTRODUCTION** |
| An information-based webinar for all cadres of health staff, covering information on different parenting styles, bullying and mental health in children.  |
| **PURPOSE OF THE TRAINING** |
| The purpose of the webinar is to provide all cadres of staff with information on how parenting styles affect the development of children, how bullying impacts children and the recourse to take, and mental health in children.  |
| **TARGET GROUP** |
| All cadres of Department of Health and Wellness staff and NPO partners. |
| **NUMBER OF PARTICIPANTS**  |
| Unlimited  |
| **COURSE DESIGN** |
| An information-based webinar offered on the MS Teams platform. Duration: 4,5 hours |
| **COURSE CONTENT** |
| * Understand the role of family and parenting in child’s development
* The different Parenting styles there are.
* The factors that influence parenting
* The effects of parenting style on children
* Dealing with common parenting challenges
* Resources for parents
 | * Defining bullying
* Statistics
* Types of bullying
* Where bullying occurs
* Effects of bullying
* Warning signs of being bullied
* Bullying and the law
* Resources
 | * Mental health vs mental disorder in children
* Causes
* Signs & Symptoms
* Diagnosis
* Treatment & Management
* Support
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| **TRAINING ASSESSMENT** |
| None |
| **CERTIFICATION** |
| All participants who attend the full duration of the course will be awarded with a certificate of attendance. |
| **CORRESPONDENCE & APPLICATIONS** |
| All correspondence and applications to be directed to the People Development Centre (PDC): Ms Simoné Williams (T) +27 21 763 5320 (E) Simone.Williams2@westerncape.gov.za**Course Coordinator**: **Glenda Cable** |